May Menu - Urbana Senior Center

301-600-7020   UrbanaSeniorCenter@FrederickCountyMD.gov   www.FrederickCountyMD.gov/seniorservices

Monday	Tuesday	Wednesday	Thursday
Lunch is served at Noon. Reservations must be made at least 48 hours in advance. $5.00 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**			
April 29 Sub Day **Sign-up by April 22** Roast Turkey Subs Potato Salad Coleslaw Fruit Cocktail	**April 30** Beef Burgundy Mushroom Barley Pilaf Mixed vegetables Tropical Fruit **Supper: Hotdogs**	**1** Multi Bean Soup Curried Chicken Salad Dilled Baby Carrots Fresh Spinach Cinnamon Apples	**2** Salisbury Steak Garlic Mashed Potatoes Peas & Pearl Onions Mandarin Oranges
6 Chicken Cacciatore Brown Rice Pilaf Tri-color Pepper & Onion Blend Diced Peaches	**7** Cheeseburger Orange Blossom Carrot Salad Midwest Baked Beans Peach Crisp **Supper: Supper Club**	**8** Roast Turkey Mashed Potatoes Mixed Vegetables Fruit Cup	**9** **Mother's Day Lunch with Nurse Steve** **Sign-up by May 1** Roast Beef, Red Potatoes Harvard Beets Tossed Salad, Melon Pie
13 Baked Pork Chop Braised Red Cabbage Scalloped Potatoes Tropical Fruit	**14** **Baked Potato Bar** **Sign-up by April 7** Baked Potato Chili Spinach Salad Applesauce **Supper: PB&J Sandwiches**	**15** Italian Style Meatloaf Seasoned Greens Moroccan Chickpea Barley Salad Mandarin Oranges	**16** Cream of Broccoli Soup Grilled Chicken Pasta Salad Baby Spinach Corn Muffin Blueberry/Pear Crisp Butterscotch Pudding
20 Beef Pot Roast Stew Cut Vegetables Garlic Mashed Potatoes Mandarin Oranges	**21** Chicken Fajitas Spanish Rice, Pico De Gallo Fiesta Black Beans Mexican Corn & Cabbage Salad **Supper: Fried Chicken**	**22** Baked Ham Seasoned Green Beans Macaroni & Cheese Broccoli Slaw Fruited Yogurt	**23** **Memorial Day Picnic & Ice Cream Social** **Sign-up by May 14** Cheeseburger, Baked Beans Coleslaw, Fruit Ice Cream
27 **Center is Closed**	**28** Pork Loin Italian Tomato Basil Salad Green Beans Au Gratin Potatoes Apple Slices **Supper: Culture Fest**	**29** **No transportation** **Bring Your Own Lunch**	**30** Split Pea Soup Tuna Sandwich Carrot Salad Tropical Fruit

Urbana Senior Center
Congregate Meals Information

Dates and Times
Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/Cancellations
Reservations must be made at least 48 business hours in advance. Cancellations may be made up to 24 hours in advance. Register at the Center or call 301-600-7020.

Cost
The current cost is approximately $5 per participant per meal. The Senior Services Division must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment
Checks should be made payable to "Frederick County".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus
Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/seniorservices
The menus are subject to change.

Transportation: Monday, Wednesday, Thursday
Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:30 and 10:30 am. They will be returned to their homes between 1:30 pm and 2:15 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is $2 per round trip. Transportation is limited to the immediate area and staff availability.

Inclement Weather
If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.